

WESTFORD COUNCIL ON AGING NEWSLETTER JUNE 2018



20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

MISSION STATEMENT: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

**It's time for our 2nd Annual Kimball Summer Party sponsored
by the Friends of the Cameron.
Come enjoy a Great American BBQ
and legendary ice cream buffet.**

There will be much to do from bumper boat rides, 9-hole Pitch and Putt, two adventure style 18-hole mini golf courses, driving range, music and much more fun for ages 55 and over.

So mark your calendar for **Friday, July 13th from noon to four.**

Transportation is available by calling 978-399-2322 and/or if you need assistance with parking please call Katie at 978-399-2330.

Cost: Westford resident- \$25

Non-Westford Friends of the Cameron Member- \$32

**Introduction to Mindfulness and Emotion Regulation with Lisa Wessan, LICSW, RM, CLYL
Tuesday June 5th 2-3PM. Call 978-692-5523 to register.**

Based on the premise that every thought becomes a chemical reaction in your body, this workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy (DBT), including how to understand and name your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others.

Lisa Wessan, LICSW, RM, CLYL, is **psychotherapist, life coach, DBT Skills Trainer (Dialectical Behavior Therapy), author, speaker and Reiki Master.** Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *CNN*, *Paula Zahn Now*, *The Boston Globe*, *The Lowell Sun* and *The Wall Street Journal*. She is in private practice in Westford, MA and travels widely presenting a variety of wellness and stress management programs. Visit www.lisawessan.com for further information.

COUNTRY SHINDIG

Tuesday, June 26 at 5:30p.m. Join us for pulled pork, corn on the cob, baked beans, coleslaw, lemonade, and strawberry short cake. For entertainment we will have Karaoke. Sign up at 978 692 5523. Cost is \$5.00.

VETERANS LUNCH

Thursday, June 7 at 12:30pm

Lunch will be prepared by Nashoba Tech' Elegant Chef and partially sponsored by Legion Post 159. Entertainment provided by Westford veterans services. Lunch is for Veterans and their spouses. To sign up please call 978-692-5523.

DIRECTOR'S MESSAGE



ROLLING OUT... FITNESS CLASS SIGN-UPS, CREDIT CARD PAYMENT OPTION AND FRIENDS ART AUCTION

Fitness class sign-ups (except for Bone Builders) will begin for Westford residents June 11th- 22nd and non-Westford residents starting June 25th. Please remember there will be a \$5 cost per class for non-Westford residents registering for eight-week class sessions. However, there will be a couple of classes that will run for twelve-week sessions per the instructor's availability. If you should be placed on the wait list please know that we will follow first come first served. To help in this transition Katie Russell will be visiting each exercise class the week of June 4th-8th to ensure everyone understands this new sign-up process. Also, if you have resided in Westford for twenty-five years but currently live elsewhere you will be treated as a Westford resident however I will need a brief note with your contact information and the time you resided in Westford. We are appreciative of this opportunity to better serve your fitness needs and if you need my assistance please know my door is open.

Also, to assist in providing more options of payment for fitness classes, trips and other enrichment opportunities the Cameron will start taking credit card payments Monday, July 2, 2018. Please note that there will be a surcharge for each credit card transaction up to \$100 so please review fee schedule posted at the registrar desk for your convenience.

Lastly, I want to encourage ALL our Cameron participants to come support the Friends of the Cameron Art Auction which will be held at the Parrish center for the Arts. Several Friends Board members and volunteers have been cleaning, and detailing narrative descriptions for each piece of art that will be up for auction and silent bid. If you would like to volunteer to help with this new fundraiser for the Cameron I know they would appreciate your help. For more information on the art auction please see the Friends Corner in this newsletter.

See you at the Cameron

Jennifer

FRIENDS CORNER

Please join us in welcoming **three new members to the Friends Board of Directors: Pat Leathers, Kevin McGuire and Pat Reppucci.** At the Friends recent Annual Meeting, we reviewed our 2017-2018 accomplishments, support for the COA, its activities and events, and outlined future directions. The Friends Board meets the 1st Thursday of each month at 10 a.m. We welcome everyone's input and suggestions. If you have an idea...share it!

ART AUCTION & SALE – Sat, June 30—Sun, July 1

The Friends are pleased to offer a collection of over 200 pieces of framed and 'ready-to-hang' art for auction and sale at the Parish Center for the Arts. The Friends have been collecting art for over two years and have assembled a sizeable collection of pre-owned art, including: paintings, photographs and prints of all sorts – a myriad of styles & types – literally, something for everyone. If you'd like to change your wall décor or brighten your home with new artwork, this opportunity awaits your pleasure! The weekend event opens at noon, Saturday, June 30, with free admission to an afternoon preview, Silent Auction and Sale. Admission for the evening 'live auction' event is \$10. Sunday afternoon from noon-2 p.m. will be the final opportunity to bid for Silent Auction items and/or purchase art on tables.

Volunteers Wanted!

For our Art Auction

- Sort & group art into categories
- Transport art to PCA (need several cars)
- Set-up tables, panels, easels & chairs
- Hang art on walls (need **LOTS** of help!)
- Provide and/or help with refreshments
- Check attendees in, assign bidder numbers
- Record sales, handle transactions
- Clean-up (take down, return unsold art to Cameron, clean PCA facility)

SCHEDULE (JUNE 28 – JULY 2)

THURSDAY – LOADING

FRIDAY – SET-UP HALL, HANG ART

**SATURDAY – SILENT AUCTION & SALE
(EVE) LIVE AUCTION**

SUNDAY – 2-HR SILENT AUCTION & SALE

MONDAY – CLEAN-UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June	Please take note and enjoy our new charging stations in our welcome area and in our library.			1 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Pickle Ball 12:30pm
4 Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	5 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Ask the Lawyer 9:30am Pickle Ball Clinic 10 am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Intro to Mindfulness 2pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm Medicare Planning 6pm	6 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm Alz. Support Group 6:30pm	7 Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Friends Meeting 10am Estate Planning 10am Chair Movement 10am Watercolor Class 10am Veterans Lunch 12:30pm Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm Vetrans Services 4pm Hot Dog Night 6pm BINGO 7pm	8 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Pickle Ball 12:30pm
11 Hearing Clinic 9:30 am Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Meet the Realtor 10am Open Art Studio 12pm SHINE 12:30pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	12 Foxwoods 7:30am Men's Breakfast 8am Basic Zumba 8:15am Billiard Players 8:30am Blood Pressure 9am Yoga 9am Pickle Ball Clinic 10am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Watercolor Workshop 5:30pm Trive 7 6pm Lowell General Series 6pm	13 MAME 10am Aerobics 9:30am Bone Builders 9:30am Mani & Pedi 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm COA Bd. Mtg. 4pm Train Club 7pm	14 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Ask the Officer 11am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm Watercolor Workshop 5:30pm BINGO 7pm	15 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Lunch & Learn 12:15pm Pickle Ball 12:30pm
18 Bone Builders 9:30am Quilting Club 9:30 am Podiatry Clinic 9:30am Pickle Ball 10am Open Art Studio 12pm Housing Consultant 1pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	19 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickle Ball Clinic 10am Watercolor Club 10am Chair movement 10:15am Elder Abuse Prevention 11am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Book Club 6pm Legal Documents 5:30pm Thrive 7 6pm	20 Aerobics 9:30am Bone Builders 9:30am Property Tax help 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Lowell Spinners Game 5pm Train Club 7pm	21 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Home Sharing 11am Hand & Foot 12:30pm Bone Builders 1pm Circuit Training 3:30pm Movie Night 4:30pm BINGO 7pm	22 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Rivercourt 11:30am Pickle Ball 12:30pm
25 Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	26 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickle Ball Clinic 10am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Technology with Vamsi 2:30pm Ping Pong 3:30pm Circuit Training 4:30pm Country Shindig 5:30pm	27 Aerobics 9:30am Bone Builders 9:30am Watercolor Class 10am Restaurant Review 11:30am Lunch 12pm Busby Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	28 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Birthday Lunch 12:30pm Bone Builders 1pm Circuit Training 3:30pm BINGO 7pm	29 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Pickle Ball 12:30pm

NEW PROGRAMS

TECHNOLOGY HELP WITH VAMSI VETSA

Technology workshop and technology help with Vamsi June Workshop-Technology Scams Tues., June 5 at 2:30
Tech Help Appointments: Every Tuesday starting at 2:30 please sign-up (except on workshop day) We are glad to have **Vamsi a WA student** volunteer his time and expertise in providing monthly workshops on different technology topics that will enrich our ability to understand technology devices and programs we use daily basis. So, no more technology hesitations because Vamsi is enthusiastically here to help you. Workshop and appointments are available to the first ten sign-ups. Please call 978-692-5523 to sign up.

WATERCOLOR CLASS

July 12 - August 30 No class on August 9

Paula is back by popular demand. Join us for 7 weeks on Thursday mornings at 10am. Cost for this class is \$20. Get your paint brushes ready! Please register at 978-692-5523 asap because the class fills quickly

IMPORTANT LEGAL DOCUMENTS, Two Part Series – June 19th & July 17th at 5:30 pm

If you were to become incapacitated, do you know who you would want to act on your behalf to make medical and financial decisions for you? If so, do you have the legal paperwork to make that happen? In **Part one** you will learn what are Durable Powers of Attorneys, Health Care Proxies and HIPAA Authorization and Release Forms. You will fill out forms to allow the attorney to draft these documents for you to sign on July 17th to make them effective. The attorney will meet with each person interested in Part 2 of the series to determine if you are a good candidate based on the information you provide. **Part two** of the series will involve the attorney reviewing each of these documents in general with the group and then documents will be properly signed under the supervision of the attorney. At the end of Part 2, you will leave with validly executed and prepared Advance Directives that reflect who you wish to serve in the roles described on your information sheet. This Advance Directives Legal Clinic is being provided by the law office of Madge & Johnson, PC. located at 3 Lan Dr., Suite 101, Westford, MA 01886. Both meetings for Part 1 and Part 2 will be conducted at the Cameron Senior Center. While the cost for Part 1 is free, the cost payable to Madge & Johnson, PC to obtain the Advance Directives in Part 2 is \$300 per individual and \$350 per couple if the parties named in the documents are the same. Please register for this clinic at the Cameron, 978-692-5523 by 6/12.

BUTTONS

Vanessa is looking for Buttons for all Shapes, Sizes, and Colors in order to make Button Flower Bouquets. For your donations she will be willing to make a bouquet for you. Drop off your buttons with Katie 978 399 2330.

LEARN TO PAINT LIKE MONET

Two Day Watercolor Impressionism Painting Workshop - June 12th & 14th, 5:30-7:30 pm

Priti Lathia, Artist/Teacher will be teaching this class based on Monet Inspiration and Creation. All levels or art enthusiasts are welcome. The cost is \$20.00

SENIOR ART ON EXHIBIT

Sunday, June 3rd, 1 – 4 p.m. Join us for the opening reception of artwork exhibited by Cameron seniors from the Monday Open Art Studio. These twelve seniors will be displaying their works on Sundays in June at the Parish Center for the Arts in Westford. Free demonstrations will be held on the following Sundays: June 10 - Marie Stabile will be demonstrating water mixable oil from 12-2 p.m. June 17 - Helen Moriarty will be demonstrating watercolor scratch board from 12-2 p.m. This exhibit will conclude on June 24 with the art show from 12-2 p.m. The Parish Center for the Arts (PCA) is located at 10 Lincoln Street, Westford, MA. Visit our Web site at www.Westford.org/PCA. The PCA is handicap accessible.

WESTFORD CHAMBER PLAYERS (WCP)

Come enjoy a "Welcome Summer" concert on Saturday June 16, 2018, at the Parish Center for the Arts. It is a free concert -- donations are welcome. The concert starts at 5:30pm with the door open at 5pm. The concert will showcase the talents of local young musicians, aged 8 to 18, who are attending public schools in Westford and Chelmsford. They, along with their coaches and first-rate professional musicians, will be performing a wide range of chamber music from Baroque to Broadway. For more information and event update, please go to Facebook and search @wcplayers or Westford Chamber Players. Sign-up at 978 692 5523. Transportation is available if you call 978 399 2330.

TOUR RIVERCOURT RESIDENCES & ENJOY LUNCH

Friday June 22 at 11:30 am

Take the COA Van over to Rivercourt in Groton, have lunch and learn about this senior housing community by taking a tour. Please sign up by 6/20 at 978 692 5523.

CROCHET, ANYONE?

Do you like to crochet? We have several partially-completed afghans and crocheted strips with all the extra yarn ready to assemble into lovely afghans. We'd love to have a crocheting enthusiast or two volunteer to complete these in time for the fall Harvest Fair, WA Holiday Bazaar or other craft sales event. Contact Katie at 978-399-2330.

55+ EARLY EVENING PROGRAMS

BINGO/HOT DOG NIGHT 6/7-6:00 pm

The first Thursday of every month join us for a hot dog, chips, drink and dessert for \$2.00. We are moving up the serving time to 6:00 and Bingo starts at 7:00. Sign up in advance, 978-692-5523.

PLANNING FOR MEDICARE - Countdown to age 65!

Join us Tuesday June 5th at 6:00 pm for a free seminar about when and how to enroll in Medicare, avoiding fees, Medicare Parts, Medigap and drug plans. Heather Hurd, a Blue Cross Blue Shield rep. will be leading this class to help make this process feel less confusing. Come with your questions and please sign up by 6/1 at 978-692-5523.

LOWELL GENERAL EDUCATIONAL SERIES

Introduction to **Personal Safety & Self Defense for Women** 6/12, 6:00 pm This women's only workshop teaches safety awareness, risk reduction and how to react with basic self-defense skills. Come learn how to protect yourself. Please register at Circle Health -1-877-544-9355 or the Cameron—978-692-5523.

BOOK CLUB – 6/19 pm

Join us for thought provoking discussions. At our next meeting is on June 19th at 6:00. We will be reading *Between Sisters* by Kristin Hannah. Reunited after two decades, these two women who believe they have nothing in common will try to become what they never were: a family. Tender, funny, and bittersweet. Please call to sign up at 978-692-5523 and get a book.

MOVIE NIGHT – 6/21, 4:30- 6:30 pm

This month's movie is "Catch Me if You Can" starring Leonardo DiCaprio and Tom Hanks. The film is based on the life of Frank Abagnale, who, before his 19th birthday, successfully performed cons worth millions of dollars by posing as a Pan American World Airways pilot, a Georgia doctor and a Louisiana parish prosecutor. A light meal and popcorn will be served for \$3.00 Please call to sign up at 978-692-5523 by 6/18.

DINING OPTIONS

ALL LUNCHES CAN BE MODIFIED BASED ON DIETARY NEEDS
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

Cost is \$3.

Wednesday, June 6, Bake Potato Bar

Wednesday, June 13, Chicken Salad

Wednesday, June 20, Italian Subs

Wednesday, June 27, American Chop Suey

MEN'S BREAKFAST

Tuesday, June 12 at 8 a.m.

Boston Red Sox Impossible Dream - 50th Anniversary

Red Sox Historian Herb Crehan is returning to the Cameron and will be talking about The 1967 Boston Red Sox Impossible Dream team that went to the World Series.

LUNCH AND LEARN

Friday, June 15, at 12:15 p.m.

Tenants Rights with Tom Skahen from Streamline Communities and lunch sponsored by Nashoba Nursing Service and Hospice. Call 978 692 5523 to sign up by 6/13.

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on Wednesday, June 27th, 11:30 am at IL Forno 529 King St., Littleton. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

BIRTHDAY CELEBRATION

Thursday, June 28 at 12:30 p.m.

Come celebrate the June birthdays! Lunch will be followed by cake and ice cream that will be sponsored by **Sapphire Properties**. Please call in advance to register at 978-692-5523. Cost for birthday celebrants is free and to guests the cost will be \$5. **June Meal Choice is ~ Lobster Rolls**

A Sincere Thanks to Hal Schreiber & Tongsri Nelson

On behalf of the Cameron Senior Center we would like to thank **Hal Schreiber** for his tremendous volunteer effort in helping over 298 taxpayers with their tax returns. Of the 298 taxpayers, 235 were age 65 and older. Of those 235 ages 65+, 113 received the circuit breaker totaling \$110,999. Of those that did not qualify for circuit breaker, 51 didn't have enough property tax or rent, 46 exceeded income thresholds, 13 lived in income based housing and twelve for other varying reasons. What a tremendous gift to residents of the Town and the Cameron!



Tongsri we really appreciate your beautification of our planting beds. Thank you for donating the plantings and your landscaping.

SUPPORT SERVICES



COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell, and Westford. Please call Chuck to schedule your ride at 978-399-2322. We ask for a 48 hours notice prior to your appointment. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. Don't forget we offer Grocery Shopping trips to Market Basket every Wednesday and other days as needed. Donations are encouraged. **Don't forget to get your free 10th ride by getting the punch card signed.**

VETERANS SERVICES

Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent at the Cameron. Only on the first Thursday's of each month Our Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

MEALS ON WHEELS

Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, June 6 at 6:30 p.m.

1st Wednesday each month at 6:30 p.m.

Cameron Senior Center. For information,

call Sandy at 978-758-6072. **July's Meeting will be on 7/10/18**

ASK THE OFFICER

Thursday, June 14 at 11 a.m.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR

Monday, June 11, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker.

Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, June 11 at 12:30 p.m.

For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

ASK THE PROPERTY TAX RELIEF REP

Wednesday, June 20

To help our senior homeowners be more aware of the real estate tax exemptions that they may be eligible for we will be holding monthly 1:1 appointments. On the 3rd Wednesday of the month, appointments will be available between 10:30 and 12:30. Call the front desk to make an appointment, 978-692-5523.

HOUSING CONSULTANT

Monday, June 18 at 1 p.m.

New monthly service offering at the Cameron. Housing Consultant provides helps to individuals dealing with various housing issues in Westford. To schedule an appointment call 978-692-5523.

ASK THE LAWYER

Tuesday, June 5 at 9:30 a.m.

Tuesday, September 11 at 9:30 a.m.

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE ESTATE PLANNING LAWYER

David Walker, a frequent presenter at the Cameron, is offering individual, free 20 minute appointments quarterly. Next appointments are: Thursday, June 7th from 10:00 am to 12:00 noon. Please call 978-692-5523 to sign up.

T.R.E.A.D.

Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2018. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

DETERRA

The Westford Health Department has provided us with a supply of DETERRA drug deactivation system bags, received through a generous donation from Circle Health. These special zip lock pouches allow users to neutralize unused pills, liquids, and patches while protecting the environment and preventing misuse. They are a convenient method of pill disposal for seniors who are homebound or people who have difficulty getting to the Westford Police Department to drop off medications for disposal. If you would like to use the pouches, you can pick them up at the Senior Center or we can deliver them to homebound individuals. Call Alison 978-399-2325 or Annette 978-399-2326.

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

MENTAL ILLNESS:

Support for Families-support group at the Gleason Public Library-22 Bedford Rd. in Carlisle on June 12th at 10:30 AM. Facilitated by Mara Briere of Grow a Strong Family, Inc. Topic: Managing crisis without succumbing to crisis-strategies to increase safety and tools for defusing family stress. No registration necessary. All ages and towns welcome.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

It's important to us at the Cameron that you as resident of Westford have a place to turn to for assistance, resources, guidance and more. Give us a call in the Social Services dept. and we will do our best to accommodate you. Simply call 978-692-5523 and ask for Annette or Alison.

SOCIAL SERVICES**UM ARMY SERVING WESTFORD THE WEEK OF JULY 9TH-13TH**

United Methodist Action Reach-out Mission by Youth is a unique mission opportunity for youth, young adults and their adult mentors. U.M. ARMY works with social service, community and church organizations to identify people in need of our services. Jobs are selected and completed based on greatest need. Yardwork, painting, minor home repairs are some of the tasks that can be performed. You will be required to sign a release that volunteers can be on your property. If you have a project that you would like assessed please contact Annette by 6/8 at 978-399-2326.

ORGANIC VEGETABLE DISTRIBUTION – Start May 17

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines. To participate one must sign an income attestation on the day of produce pick up. This distribution is held at the Westford Housing Authority at 65 Tadmuck rd in the Community Center. Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will be every Thursday starting and continuing into the fall. Any questions call Annette at 978-399-2326. Income Guidelines are based on Fuel Assistance: Household of 1 \$34,380, HH of 2 \$44,958, HH of 3 \$55,537, HH of 4 \$66,115.

UTILITY INFO

The Massachusetts Attorney General released a report on competitive electric supply companies and makes some strong recommendations to end sales to individual residential customers in MA. Their research shows that low-income consumers are disproportionately negatively affected and should be very cautious about entering into any agreements with competitive supply companies. The National Consumer Law Center recommends that customers stick with their utility company in most cases. If you are having difficulty with a company who is trying to sell to you or you are trying to get out of a contract, call Alison or Annette if you need assistance.

ELDER ABUSE PREVENTION MONTH

Elder Services of Merrimack Valley Protective Services will be presenting Tuesday June 19th at 11AM on the important and challenging issue of elder abuse and neglect, how to recognize the problem, and what you can do. They will also discuss how Protective Services becomes involved to work with a vulnerable senior. We will serve a boxed lunch after the presentation. Please RSVP to Alison at 978-399-2325 by Thursday June 14th so that we can order food.

HOME SHARING

An idea whose time has come-We hear from many seniors who are struggling to afford their property taxes, mortgage payments, and household expenses. We also hear from seniors who are looking for a rental situation they can afford in Westford. Perhaps a homeowner wants to remain at home, but can't afford the help they need to do so. Would a roommate/helper who performs household tasks in exchange for a room solve two problems? Would two roommates sharing the costs of household bills help with financial issues and social needs? Come to an informative session on June 21st at 11AM to learn more about this option. RSVP to Alison at 978-399-2325

The Atrium

at Drum Hill

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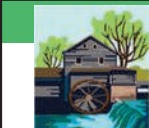
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Westford COA, Westford, MA

06-5200

TRIPS

COA VAN TRIP:

Lowell Spinners Game
Wednesday, June 20 at 5 p.m.
Cost is \$30. Food is not included.
Call 978-692-5523 to sign up by 6/13 seats are limited.

MAME | NORTH SHORE MUSIC THEATRE JUNE 13

We will begin with a full course luncheon at the Danvers port Yacht Club. Next, you'll travel to the North Shore Music Theatre for Broadway's Classic Musicals, "MAME". The tour costs \$124 per person. Sign up at 978-692-5523 by June 6th

FOXWOODS / MOHEGAN

Join us as we head to Connecticut on our Casino getaway day! We are planning to travel to Foxwoods and Mohegan Casinos on **Tuesday, June 12** and are inviting all those ages 50 and over to join us. Buckingham Motor Coach will once again be driving us with departure from the **Franco-American Club at 7:30 AM**. Please park at the rear of the lot. The fee for this trip will be **\$36** which includes driver gratuity and is due at sign-up. You will receive bonus and food coupon when you arrive at the casino. We will drop off at Foxwoods and proceed to Mohegan only if we have a minimum of twelve participants for Mohegan. Please call 978.692.5523 to sign-up and tell us which casino you would prefer!

BLOCK ISLAND TRIP

July 11—Filled and Closed to new people

AUTHENTIC MAINE LOBSTER BAKE

August 7 at 9:15 for \$89 per person

MAMMA MIA NORTH SHORE MUSIC THEATRE

August 15 at for \$124 per person

STEVE MARTIN & MARTIN SHORT

September 2 at 9:15 for \$159 per person

VERMONT FIT FOR A KING

October 10 at for \$101 per person

HAIR SPRAY NORTH SHORE MUSIC THEATRE

November 7 at for \$124 per person

BOSTON BALLET'S THE NUTCRACKER

December 14 at for \$104 per person

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, June 11, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, June 12 at 9 a.m.

Gail from the Westford Health Department will be at Cameron If you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

MANICURES & PEDICURES

Wednesday, June 13 at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

PODIATRY CLINIC

Monday, June 18 at 9:30 a.m.

Cost is \$35. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

IMPORTANT MESSAGE ABOUT NEW MEDICARE CARDS AND PAYING MEDICARE PREMIUMS:

Medicare is removing Social Security Numbers from Medicare cards to keep your information more secure and protect your identity. You will get a new card in the mail with a new number in the coming months. Your card might arrive at a different time than friend's or neighbor's cards. When you get the new card, start using it immediately and destroy your old card. **MAKE SURE YOUR MAILING ADDRESS IS UP TO DATE WITH SOCIAL SECURITY FOR MORE INFORMATION ON THE CARD AND PAYING PREMIUMS, VISIT medicare.gov/newcard or call 1-800-MEDICARE.**



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Fitness Classes

*** Room locations are subject to change ***

Fitness class sign-ups (except for Bone Builders) will begin for Westford residents June 11th- 22nd and non-Westford residents starting June 25th. Please remember there will be a \$5 cost per class for non-Westford residents registering for eight-week class sessions. However, there will be a couple of classes that will run for twelve—week sessions per the instructor's availability. If you should be placed on the wait list please know that we will follow first come first served. To help in this transition Katie Russell will be visiting each exercise class the week of June 4th-8th to ensure everyone understands this new sign-up process.

AEROBICS— Sign up at 978-692-5523

8 Week Sessions Starting the first week in July

Wednesdays at 9:30a.m. in the Multipurpose Room

Fridays at 8:30a.m. in the Card Room

Aerobics Wednesdays for 8 weeks for Non- Westford Residents \$40

Aerobics Fridays for 8 weeks for Non- Westford Residents \$40

BONE BUILDERS - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room

Wednesdays at 9:30 a.m. in the Card Room

Tuesdays at 1p.m. in the Card Room

Thursdays at 1 p.m. in the Card Room

CHAIR MOVEMENT - Sign up at 978-692-5523

8 Week Sessions Starting the first week in July

Tuesdays at 10:15 a.m. in the Multipurpose Room

Thursdays at 10a.m. in the Multipurpose Room

Chair Movement Tuesdays for 8 weeks for Non- Westford Residents \$40

Chair Movement Thursdays for 8 weeks for Non- Westford Residents \$40

CIRCUIT TRAINING - Sign up at 978-692-5523

8 Week Sessions Starting the first week in July

Tuesdays at 4:30 p.m. in the Fitness Room

Circuit Training Tuesdays for 8 weeks for Non- Westford Residents \$50

Circuit Training Tuesdays for 8 weeks for Westford Residents \$40

FITNESS CAMP - Sign up at 978-692-5523

12 Week Sessions

Wednesdays at 1:30 p.m. in the Multipurpose Room

Fitness Camp Wednesdays for 12 weeks for Non- Westford Residents \$60

GOLF- Sign up at 978-692-5523 Cost \$25 per session

Tuesdays at 8 a.m. at Quail Ridge 354 Great Rd, Acton, MA 01720

PICKLE BALL—Weather Permitted on the Field at the Cameron

Beginner Clinics are on Tuesday mornings at 10am in June space is limited so please call 978 692 5523 to sign up. If you are a well seasoned pickle ball player and wish to be added to the email list please contact krussell@westfordma.gov. Regular pickle ball times will be Monday mornings at 10am and Friday afternoons at 12:30pm. To sign out the equipment on the weekend you must be a Westford resident, be on the email list, and sign it out in the book at the front desk and returned Monday morning at 9am. All pickle ball players need to have a waiver signed in order to play. Any questions or concerns please contact Katie at 978 399 2330 or at krussell@westfordma.gov

PING PONG — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room

Tuesdays at 3:30 p.m. in the Card Room

Fridays at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'AI CHI — Sign up at 978-692-5523

8 Week Sessions Starting the first week in July

Mondays at 1p.m. in the Card Room

T'ai Chi Mondays for 8 weeks for Non- Westford Residents \$40

YOGA — Sign up at 978-692-5523

8 Week Sessions Starting the first week in July

Tuesdays at 9 a.m. in the Card Room

Wednesdays at 1:00 p.m. in the Card Room

Yoga Tuesdays for 8 weeks for Non- Westford Residents \$40

Yoga Wednesdays for 8 weeks for Non- Westford Residents \$40

ZUMBA – Sign up at 978-692-5523

8 Week Sessions Starting the first week in July



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Click Council on Aging.

Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact
Lynn Roderick, Volunteer Coordinator for further information.
Lynn can be reached at lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the
first floor at Cameron, is staffed by volunteers.

JUNE FOOD PANTRY HOURS:

- **Mondays: June 4, 18** from 1:30 - 3:30 p.m.
- **Wednesdays: June 6, 20** from 8:30 - 11:30 a.m. and
June 6, 13, 20, 27 from 6 - 8 p.m.
- **Thursdays: June 7, 21** from 9:30 - 11:30 a.m.
- **Fridays: June 1, 8, 15, 22, 29** from 8:30 - 11 a.m.
- **Saturdays: June 2, 9, 16, 23, 30** from 9 - 11 a.m.

BOARD MEETINGS

COA Board – Wednesday, June 13, at 4 p.m.

Friends of Cameron – Thursday, June 7, at 10 a.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW / Outreach Coordinator
Claire France, Records Supervisor
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
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Edna MacNeil, Front Desk
Ashley Diaz, Evening Supervisor
John Wilson, Maintenance

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